

NDEP Offers Diabetes Control Materials for Minorities at High Risk



The epidemic of type 2 diabetes within minority communities—even among youth—has profound consequences for the quality of life of individuals and families. African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Hispanics and Latinos are at high risk for type 2 diabetes and are disproportionately affected by type 2 diabetes. If we do not turn back this epidemic, minority communities will be disproportionately suffer with disability and premature death, and the nation will have to spend billions more dollars in medical care for diabetes care.

We can reverse this negative trend by controlling our diabetes and delaying or preventing its deadly complications. Controlling diabetes isn't easy, but it can be done. It takes hard work. And it can save lives.

The [National Diabetes Education Program](#)'s *Control Your Diabetes. For Life.* materials teach people with diabetes to know their **diabetes ABCs**—**A** for the A1C test for blood glucose (blood sugar), **B** for blood pressure, and **C** for cholesterol—to know what their numbers *are*, what they *should be*, and how to work with their health care team to *reach those goals*. Our materials also offer ideas for sticking to a healthy eating plan, ways to stay active with regular physical activity, and other tips for feeling better and staying healthy.

NDEP materials are easy to read, and available in English, Spanish, and in 15 Asian and Pacific Islander languages. They have been tailored for groups at high risk for diabetes, including American Indians and Alaska Natives, African Americans, and Hispanics/Latinos. And all NDEP materials are free, based on science, backed by the federal government, and copyright free.

For people with diabetes, controlling their diabetes can save their sight, their limbs, and their life. For more information, or if you or someone you know has diabetes, please visit the National Diabetes Education Program at www.ndep.nih.gov or call us at 1-800-438-5383, ask for a free copy of *4 Steps to Control Your Diabetes for Life*.

The U.S. Department of Health and Human Services' [National Diabetes Education Program](#) is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partners.